



## **FOUR WAYS TO PROTECT YOURSELF FROM THE FLU**



**GET  
VACCINATED**



**WASH  
YOUR HANDS**



**STAY HOME  
WHEN YOU'RE SICK**



**COVER  
YOUR COUGH**

**IT'S UP TO  
YOU  
TO STOP  
THE FLU**

**CDPH H1N1 FLU HOTLINE**  
1-888-865-0564 or [cdph.ca.gov](http://cdph.ca.gov)